Who can become a SENIOR COMPANION?

Persons age 60 and older who are:

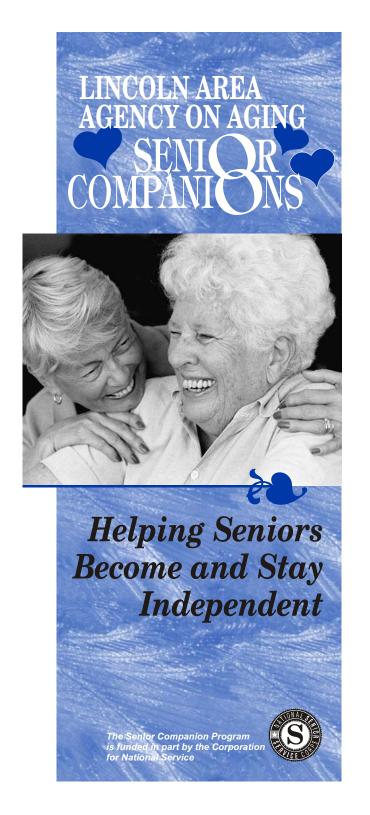
- in good health
- living on a limited income
- able to serve 20 hours per week

What are the benefits of being a SENIOR COMPANION?

- hourly, tax-free stipend
- paid vacations and holidays
- training and education
- recognition
- the satisfaction that you are helping an older person live in dignity, hope and self-respect

If you want to become a SENIOR COMPANION call 441-7070

SEMICAR COMPANIONS 1005 "O" Street / Suite 30 Lincoln, NE 68508 402 / 441-7070



SENI OR COMPANIONS

People who care and can help!

The goal of the Senior Companion Program is to assist persons 60 years of age or older who want to maintain independent living in their own home as long as it is safe to do so. Senior **Companions are trained volunteers** who visit on a regular basis. Often the Companions have lived through similar experiences and have the understanding that comes from that experience.





Companions will..

- Visit on a regular basis
- Offer one-to-one support and friendship
- Do crafts, reading, play games, take walks, share memories, or just talk
- Provide respite so care givers can take a break, knowing their loved one has someone with them

Everybody Wins!
Senior Companions also benefit from the program.

Senior Companions also benefit from the program.
They know that someone is counting on them and looking forward to their visits. This unique program provides opportunities for a long lasting friendship for both the older person and the companion.

If you would like to know more about

SENI OR COMPANIONS

Call

Butler County - Judy Polacek David City 367-6131

Fillmore County - Nancy Kohler Geneva 759-4921

Lancaster County - First Service Lincoln 441-7070

Polk County - Judy Beatty Stromsburg 764-8227

Saline County - Sunny Kontor Wilber 821-3330 (1-800-778-3309)

Saunders County - Sheri Shaeffer Wahoo 443-4896

Seward County - Kathy Ruzicka Milford 761-3593

York County - Carol Barr York 362-7626

